

# MY OLA LUNCH



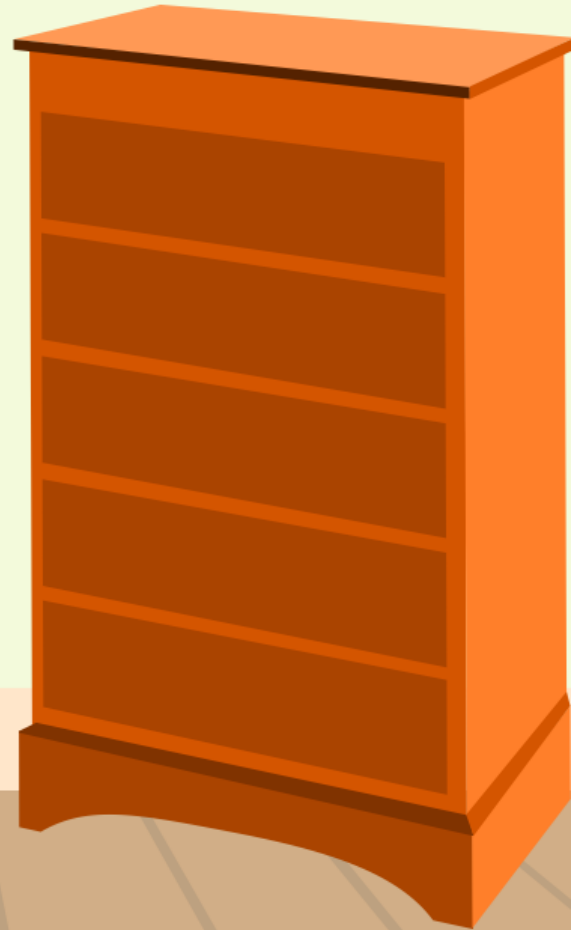
By Rapunzel Yao  
Pictures by Pixabay.com  
& MyStorybook.com

# SUMMARY.

My 'ola (delicious) lunch is about a boy name kaycee. He talks about why it's important to eat healthy. Kaycee shares the nutrients you get from eating your fruits, vegetables, and fish.

The Nā Hopena A'o connects to this story because it displays the values of sharing and aloha, the stories kaycee heard from his kupuna who were fisherman, and how fruits and vegetables grow on the aina(land).

The school bell is ringing. Kaycee, who is in first grade is grabbing his lunchbox to go the cafeteria.







Today, Kaycee's makuahine made his favorite 'ono and 'ola lunch and he wants to share it with his classmates.



**3-5 SERVINGS PER DAY.**

**EAT YOUR FRUITS AND VEGETABLES**



What are you eating? ask Maddy.

"It's tuna sandwich! It's very healthy" says Kaycee.

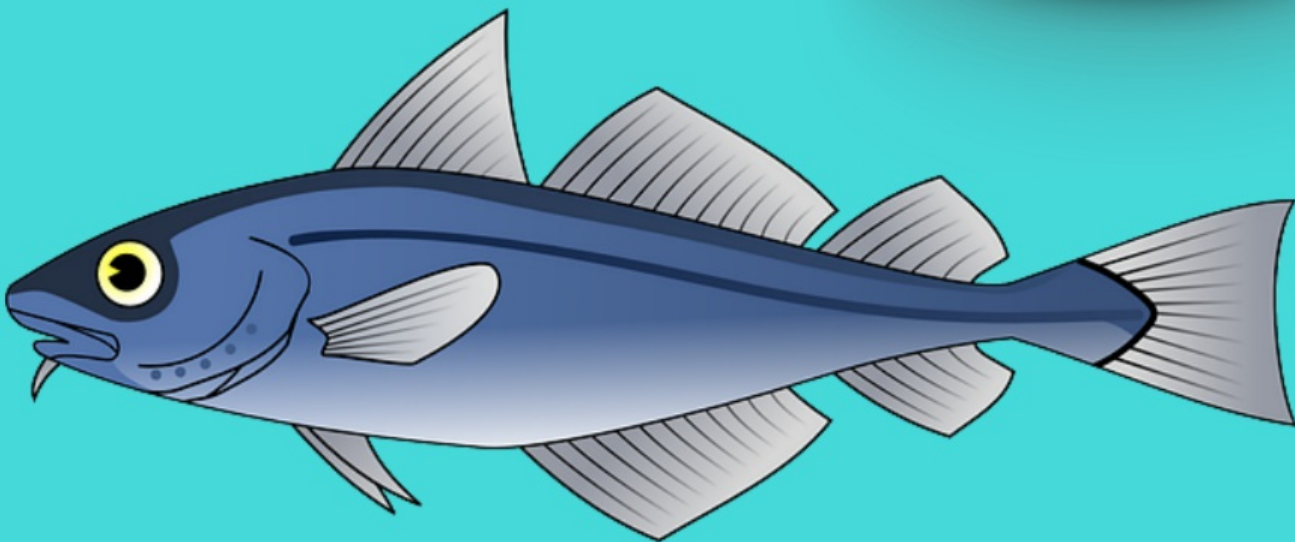
"It is?" ask Maddy.





Lettuce is a good source of energy.

Tomato has vitamin A and K.



Tuna is a good source of protein.



”But, my tutu said you shouldn’t eat tuna every day because it’s high in mercury. He’s a fisherman in Big Island” said Kaycee.







"Wow, do you go fishing with your tutu?" Ask Maddy  
"Yes, my ohana catches uhu, kumu, papa'i" says  
Kaycee proudly.

"They also have a huge aina where they plant fruits and vegetables" says Kaycee. "They have strawberries, tomatoes, cucumbers"





"How I miss my tutu, she cooks the best dishes in town. She makes poi, kalua pig, and lomi salmon" 9



”Those sounds good and tasty! But, would you like to try my pizza?” ask Maddy.





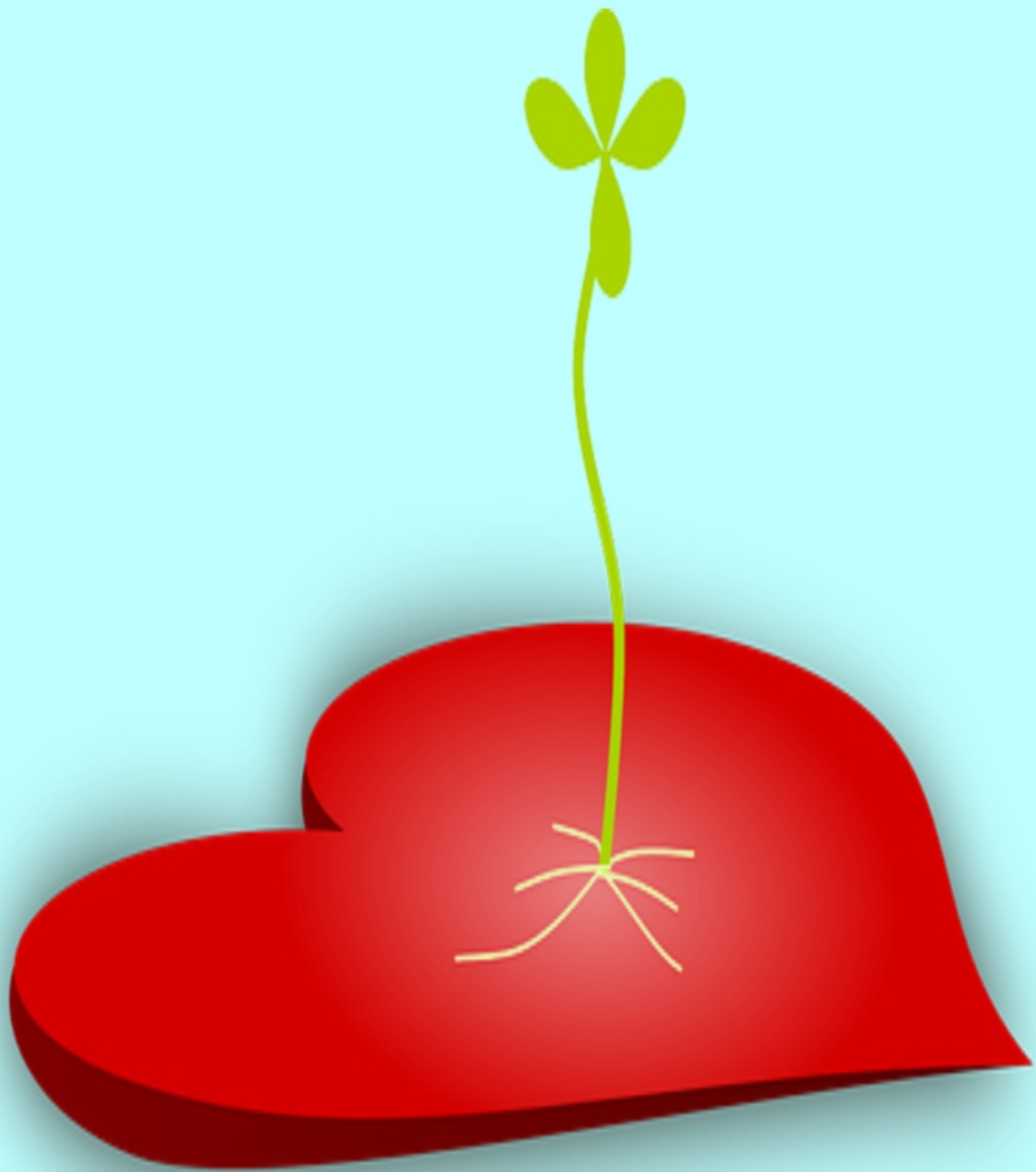
"No thank you, Maddy. My makuahine said I can only have pizza once in a while."  
"Why?" ask Maddy.

”Although pizza has healthy toppings, one slice contains a lot of fat that can lead to heart damage.”





”Which is why it’s always good to eat fresh fruit and vegetables in each meal”.



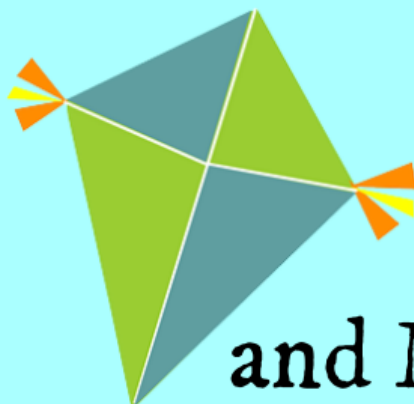
Fruits and vegetables help us  
**GROW...**



THINK...



BREATHE...



and MOVE...

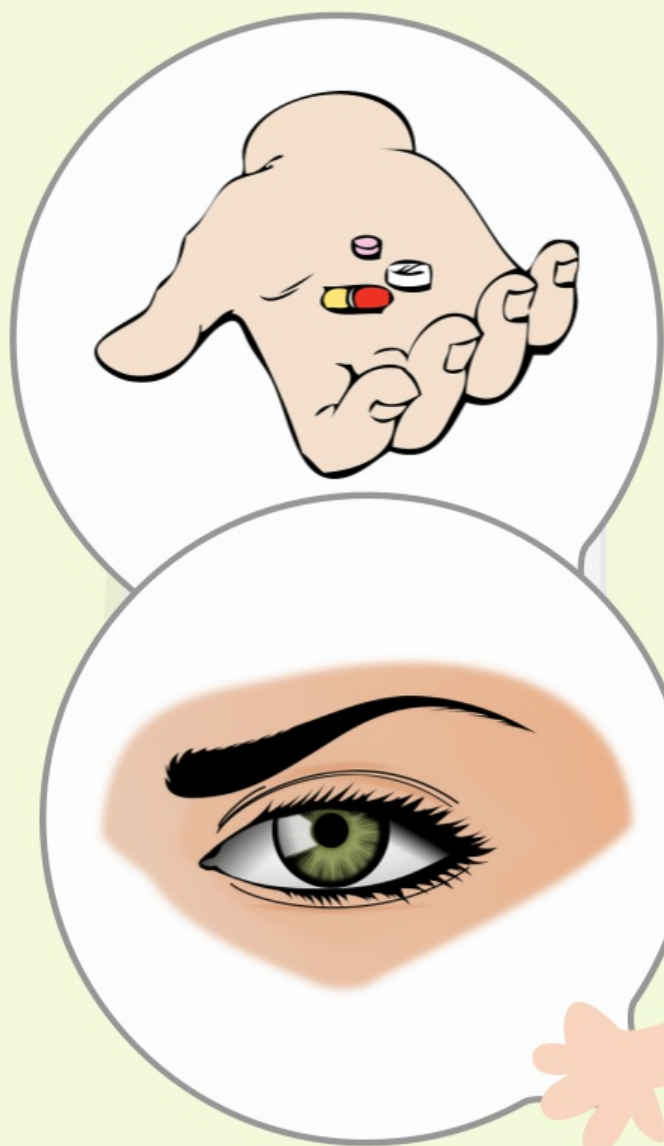




"I brought some strawberries for you to taste, would you like some?"







"Strawberries are good for your eyes, it helps you fight cancer, and keeps you away from getting sick," explained Kaycee.

”And of course my water!” says Kaycee.





Hey Maddy! Did you know that 60 percent of our body is made of water?

Drinking water keeps your muscles energize  
and our skin looking good.





"I learned so much from you today Kaycee. I will always keep those in mind," says Maddy



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EAT YOUR FRUITS AND VEGETABLES.**





**3-5 SERVINGS PER DAY.  
EAT YOUR FRUITS AND VEGETABLES.**



”No problem!” says Kaycee.  
Just then, the warning bell started ringing.

# GLOSSARY.

## HAWAIIAN - ENGLISH

Kumu - Goatfish

Makuahine - Mother

Ohana - Family

Ola - Healthy

Ono - Delicious

Papa'i - Crab

Tutu - Grandma, Grandpa

Uhu - Parrotfish

# CREDITS

Free Images: <https://pixabay.com/>

To make my book:

<https://www.mystorybook.com>

# HCPS III

Standard 1: CORE CONCEPTS: Understand concepts related to health promotion and disease prevention

-Students will be able to:

describe the benefits associated with a healthy diet.

describe how individuals can promote and protect their own health.



# ACTIVITIES.

## CLASS Garden:

The students will create a class garden and observe the growth of the plants. The student will be choosing the vegetable they want to plant.

## Food Group Sorting Activities:

Student will learn about the five main food groups (Fruits, Grains, Dairy, Protein and Vegetables) and how to have a balanced meal. They will be given food and paste it to where it belongs on the food group